

Entry Level (Probationary) Police Officer Physical Agility Exam

PHYSICAL AGILITY EXAMINATION

Applicants must successfully pass a pre-employment physical ability examination.

The following test has been validated and has demonstrated the ability to perform job-related tasks necessary to carry out the essential functions of the position of police officer. The minimum passing scores for employment are as indicated.

SIT UPS: Designed to measure abdominal muscular endurance. The score is the number of bent knee sit-ups performed in one **(1) minute**. The minimum standard for this test is **28 sit-ups**.

PUSH-UPS: Designed to measure upper body muscular endurance and absolute strength. The score is the number of push-ups performed in **one (1) minute**. The minimum standard for this test is **18 push-ups**.

1.5 MILE RUN: Designed to measure cardiovascular capacity. The score is in minutes and seconds. The minimum standard for this test is completion of the run in **14 minutes and 36 seconds**.

These standards are set forth by the West Virginia State Police Academy and were adopted by the City of Wheeling in January 2015.

Each test is graded as PASS or FAIL. Acceptance is based upon successfully passing all four measures.

Applicants should bring appropriate gym clothing, tennis shoes, and towels to participate in the Physical Agility Examination.